



Basic Pose and Flow

for models and photographers

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All images by Andrew Orzo. All modeling by Kristy Jessica.

INTRODUCTION

This book is a guide that will show you core “go-to” poses and help diversify your photo shoot experience with detailed tips on how to flow from one pose to the next. The process is similar to learning a new dance routine. First, start by learning the core poses. Once you have them down, start experimenting with flowing from one variation of a core pose to another. Variations of each core pose are shown in the flow series provided in this guide. By following this simple formula, each shoot will be a breeze and you will quickly develop your own style of posing.

Your core set of poses should include four main positions: standing, sitting, laying, and kneeling. The most efficient method of flowing through the shoot is to pick a main position, keep your legs in the same pose, and vary your arm positions and facial expressions one shot at a time for five to twenty photos. Once you have gone through a position, then change your leg position and repeat the process!

A few general guidelines to ALWAYS have on your mind during a shoot:

- never turn your face away from the light source;
- elongate and keep good posture;
- arch your back to create curves;
- keep your fingers closed and don't make a fist;
- if a joint is bendable, bend it;
- always keep in mind leg, foot and arm placement;
- keep toes pointed when your foot is not fully on the ground;
- vary your expressions; and
- remain attentive to the photographer's shooting rhythm.

You should also follow any instructions the photographer gives you, but try putting your own creativity into your poses to create your own unique style. You will be amazed to see how much better the shoot will be if you do!

STANDING POSES AND FLOW

Core Pose 1: Standing on Both Feet

This is the base standing pose. Casually rest your hands on your hips, elbows slightly pointing out. Shift your weight to your back leg, bend your front leg with one knee in front of the other, front toe pointing downward. Lean your upper body to one side to form an “S” shape.



Flow Series 1: (Standing on Both Feet)

Keep your legs in the same position, and change one thing each time the camera snaps:

- One arm;
- The other arm;
- Your smile;
- A smirk;
- A glint and then move your legs to the next key pose!

Additional Notes:

Toes should be pointed in the appropriate direction, shoulders should be opened towards the camera and the rear arm should not stick out in ways that leave incomplete parts sticking out either to the front or the back. You must develop an awareness of how your body is blocking the camera's view of all or part of your arms and legs. Common issues include:

- the back arm sticking out like a fish fin behind the model;
- floating hands located on the front of the body that appear not to attached to anything; and
- arm and leg parts that look like they have been amputated from the rest of the body.



Core Pose 2: One Leg Raised

This pose shows one leg up with the foot resting on a posing stool. However, you can have your foot resting on pretty much anything like stairs, boxes, chairs, etc. The key is to keep good posture and remembering to slightly bend your knee on your standing leg!



Flow Series 2: (One Leg Raised)

With each flash of the camera, experiment with a slightly different facial or hand position variation. When you believe you have nailed that stance, change your leg position a bit!



Core Pose 3: Standing Bend Over

Back arched, knees slightly bent, lean forward, look back and smile!



Flow Series 3: (Standing Bend Over)

Get creative! Play with your outfit a little, or think of a time when you were having the best time of your life! This technique makes the shoot fun!



Core Pose 4: Using Triangles While Standing

Observe how the elbows and knee create three attractive triangles! Keep your hips turned sideways and your shoulders twisted to the camera to shrink your waist.



Flow Series 4: (Using Triangles While Standing)

Vary your positioning slightly snap by snap, but remember your closer leg is always the bent one, and your further arm is never to block your face!



SITTING POSES AND FLOW

Core Pose 5: Angles! Angles! Angles!

This pose has a lot going on! Notice how all of my limbs are bent, my back is arched and my toes are pointed. Also, notice how my hand is lightly touching my thigh and my fingers are closed. Placing your hand this way always looks flattering.



Flow Series 5: (Angles! Angles! Angles!)

By now you should have somewhat of an idea of what it means to “flow” from pose to pose. Keeping a steady pace with the photographer’s shooting rhythm also helps, like a dance!



Core Pose 6: Over the Shoulder

Casual and classy! Angle your body diagonally away from the camera, look over your shoulder (toward the light) and keep your closer knee slightly higher than the other.



Flow Series 6: (Over the Shoulder)

Hold your legs in the same pose while creating new expressions with your eyes and changing hand positions.



Core Pose 7: Perfectly Balanced

If you're not having fun, you're doing it wrong! This balancing pose is beautiful because of the negative space you create. Take a deep breath and keep a straight spine!



Flow Series 7: (Perfectly Balanced)

Sometimes your next idea will look better by changing your angle. Remember that you have creative freedom here, if you want to move the furniture for the sake of the photo, DO IT!!!



Core Pose 8: Crossing Your Knees

Crossing your knees is a good “go-to” move when facing the camera directly. This is a classic, casual pose.



Flow Series 8: (Crossing Your Knees)

This is a really cute pose, so work it! Keep the leg position the same and change your expression and your arm positioning with flirts, smirks, and Mona Lisa smiles! When through, change your legs!



Core Pose 9: The Runner

Here's a new spin on sitting: turn your legs into 90 degree angles like a "running" pose! You will need to sit on the very front edge of the chair for this.



Flow Series 9: (The Runner)

You're confident, cute, and rocking it! Use your creativity with your arm positions and facial expressions as well! You GOT this!



Core Pose 10: The Kickback

Bam! Move the position of the chair! This pose creates a straight line from your heel all the way to your shoulder! Bend your further knee to rest on the edge of the chair, your closer leg's toe pointed straight back into the floor. Rest your weight on your further arm, arch your back, and make an attractive triangle around your face by resting your closer arm's hand on top of your head. Take a deep breath and remember to elongate your neck as you look back towards the camera.



Flow Series 10: (The Kickback)

This is a really attractive pose, so work it! Keep the leg position the same and change your expression for a few shots, your arm positioning, then try bringing your extended leg up to match the other and using those face and hand varieties again.



Core Pose 11: The Straddle

Straddle the chair, arch your back, and stick your bottom out, with your knees pointing at right angles and your toes pointing back in front of the legs of the chair. In this pose it is important to HOVER above the chair with most of your weight in your forearm and toes (this makes sure your quads don't bulge out!)



Flow Series 11: (The Straddle)

The curve of your back is the key in this pose. Experiment frame by frame until you are confident that you have nailed it, this one's a keeper!



LYING POSES AND FLOW

Core Pose 12: Relaxed and Casual

Now we're on the floor! This is a relaxed pose that looks great with most outfits! Stagger your feet and be conscious of the positioning of the hand your weight is resting on: no "stinky pinkies" or locked elbows!



Flow Series 12: (Relaxed and Casual)

You are cute, you are approachable, relaxed as a summer butterfly! Work your magic with the arms frame by frame, then try moving your legs to a new position.



Core Pose 13: The Hipster

Roll over onto your hip towards the camera for a new sequence of floor poses! In this casual crawl, it's important to bring your upper knee forward and touch it to the ground above your lower knee, relax the wrists and point your nose toward the light!



Flow Series 13: (The Hipster)

This sequence is fun and girly, so smile! Take your time shifting your arm and hand expressions a few times before moving your legs or rolling onto your tummy.



Core Pose 14: The Pedestal

The arc of the hands brings the viewer's eye to your pretty face, and your zig-zag legs show off your curves! Don't forget to touch your upper knee to the floor, and relax your hands and face!



Flow Series 14: (The Pedestal)

Try some new emotions here, this pose is all about the face! Experiment with different ways to frame your face with your hands: lightly touch your cheek, relax your fingers under your chin, or comb through the hair.



KNEELING POSES AND FLOW

Core Pose 15: The “X”

Kneeling like this gives your body an “x” shape! Accentuate your hips by pushing them forward a bit and rocking your weight to one side.



Flow Series 15: (The “X”)

This stance is a great personality shot, get creative! As you shift your weight from one hip to the other, exude attitude, pout, smirk, whatever rocks your socks! Keep pace with the photographer’s rhythm and pause between each look.



Core Pose 16: Zig-Zags

Zig-zag's galore! Put your weight on one bun and pivot your hips in that direction while splaying your legs in front of you in a "running" position. Point the toes and take a deep breath for the photo!



Flow Series 16: (Zig-Zags)

Negative space is a key component here, so keep that in mind as you move your arms from pose to pose with each click of the shutter.



CONCLUDING THOUGHTS

There you have it! I hope this simple guideline for posing flow has been insightful and fun! Once you get the basics down, personalizing your photos with a creative touch makes reviewing them an even more rewarding experience!

ABOUT THE AUTHORS

Kristy Jessica (Model)

Kristy Jessica started modeling at the age of 18 as a hobby and now it modeling as a full time career. She learned through trial and error the most efficient method of the art of flowing from one pose to the next. The “Pose and Flow” eBooks are a simple guide to aid models in their posing skills during a shoot!

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Andrew Orzo is a glamor, bikini and artistic photographer that primarily shoots out of the Seattle and Los Angeles areas. He enjoys helping new models develop their portfolios and careers and is also a photographer for TeaseUm Bikini. For more information about Andrew Orzo, see:

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